The Counseling Center is here to help USI students develop the personal awareness and skills necessary to overcome problems, make effective decisions, and grow and develop in ways that will allow them to maximize their total educational experience at the University of Southern Indiana. We view outreach and programming as an integral part of this mission and an essential tool for prevention, wellness, and promotion of a supportive campus climate for all members of the USI community.

**Event Calendar**

The Counseling Center is hosting, co-sponsoring, or participating in a number of campus events throughout the academic year. We hope that faculty and staff will encourage student attendance and participation at these programs by offering extra credit for attending relevant events. Counseling Center staff members are happy to sign extra credit forms or provide sign-in sheets to track student involvement at the events for which we are the primary sponsor; please contact us at 812-464-1867 for more information.

The Counseling Center works to raise awareness of a particular safety or wellness topic during each month of the academic year. For each "awareness month" we strongly encourage you to come to the Center to get resources on the featured topic, participate in awareness-raising initiatives and contact us to come speak with your organization, department or class on that month’s topic.

*Please note that event locations are subject to change.* We recommend that you check the Counseling Center’s website on the day of the event to ensure that you have the most up-to-date information.

**January:**

According to the National Center for Victims of Crime, 7.5 million people in the United States are stalked each year. January is dedicated as *National Stalking Awareness Month* to highlight the pervasiveness of stalking, promote discussions about what can be done if you are being stalked, and encourage you, or someone you know, to seek help if needed.

20 The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.

Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza will be provided.

25 Stalking Awareness Month information table, @ the Sweets Spot (UC West), 11 a.m. – 3 p.m.

While legal definitions of stalking vary from one jurisdiction to another, the National Center for Victims of Crime describes stalking as “a course of conduct directed at a specific person that would cause a reasonable person to feel fear.” Visit the info table today to learn more about stalking victimization and how to help protect yourself and those you love from this frightening experience. *(Sponsored by Albion Fellows Bacon Center and campus partners from the Sexual Assault and Gender Violence Prevention committee)*

25 Mindful Mondays: Introduction to Mindfulness, @ UC 206, 4 p.m. – 5 p.m.

Chances are good that at some point you have heard about mindfulness and its multiple benefits, like decreased stress and more restful sleep. However, you may never have had the opportunity to learn exactly what the practice of mindfulness is. This workshop will explain the basic concepts of mindfulness including what it is, why it works, and how it is implemented. *(Co-sponsored with Student Support Services and Housing & Residence Life)*
The Hunting Ground screening and panel discussion, @ Mitchell Auditorium, 2 p.m. and 6 p.m.

The documentary The Hunting Ground examines the epidemic of sexual assault on college campuses across the nation. The film will be shown, followed by a panel-led discussion with members of the USI community on how we as a campus can be proactive in creating a culture that does not tolerate the notion of inevitable sexual assault. Two sessions will be offered; participants are invited to join us for either screening. (Co-sponsored by campus partners from the Sexual Assault and Gender Violence Prevention committee)

Mental health screenings, @ Rice Library, 3 p.m. – 5 p.m.

Join us today in Rice Library to take a brief, free, and confidential screening for symptoms of depression, anxiety, and Post-Traumatic Stress Disorder. Screening participants will receive free tee-shirts courtesy of Housing & Residence Life! (Co-sponsored with Housing & Residence Life; Recreation, Fitness & Wellness; and Rice Library)

February:

Do you weigh yourself every day? Do you count calories and fat grams every time you eat? Research shows that almost 80% of college students have dieted and avoided or skipped meals. February is dedicated as Eating Disorder Awareness Month to bring attention to the difficulties college students experience with eating disorders and body image concerns.

1 Mindful Mondays: Meditation 101- Intro to Mindfulness Practice, @ UC 206, 4 p.m. – 5 p.m.

You may be somewhat familiar with the concept of mindfulness, but are you prepared to put it into practice? This presentation will introduce participants to the basics of mindfulness and concentration approaches, including frequently-used postures, practices, and dealing with common challenges that arise during practice. (Co-sponsored with Student Support Services and Housing & Residence Life)

2-4 University Division's Student Success Week

University Division is pleased to offer the Fifth Annual USI Student Success Week. This event is dedicated to improving students’ academic success and retention on campus. Presenters from all over the university will offer more than 60 workshops focused on developing a student’s mind, self and awareness of the world. The Counseling Center is excited to be a part of this event, providing the following presentations:

February 2

- Healthy Relationships: What They Do (and Don’t) Look Like, @ UC 2218, 10:30 – 11:00 a.m.
- Five-Minute Meditation: Experiencing the Basics, @ UC 2207, 12:45 – 1:15 p.m.
- Do You Like What You See in the Mirror? Having a Healthy Body Image, @ UC 2218, 2:15 – 2:45 p.m.
- Just How “Post-Racial” Are We? Beginning Discussions on Race, @ UC 2218, 3:00 – 3:30 p.m.
- Is this Normal? Common Concerns of College Students, @ UC 2217, 3:00 – 3:30 p.m.

February 3

- Five-Minute Meditation: Experiencing the Basics, @ UC 205, 1:15 p.m. – 1:45 p.m.
- Check One - Male or Female: Beginning Discussions on Gender, @ UC 2218, 2:00 – 2:30 p.m.
- Roommates, Apologies and Forgiveness, @ UC 2217, 2:45 – 3:15 p.m.
- Do You Like What You See in the Mirror? Having a Healthy Body Image, @ UC 2218, 2:45 – 3:15 p.m.
- Roommates, Apologies and Forgiveness, @ UC 2217, 4:15 – 4:45 p.m.

February 4

- Assertiveness: An Alternative to Fight or Flight, @ UC 205, 10:30 – 11:00 a.m.
- Is This Normal? Common Concerns of College Students, @ UC 2218, 10:30 – 11:00 a.m.
- Gay, Straight, and Everything in Between: Beginning Discussions on LGBT Issues, @ UC 2218, 11:15 – 11:45 a.m.
- Developing Your Silver Linings Playbook: Strategies for Coping with Life’s Difficulties and Challenges, @ UC 205, 12:45 – 1:15 p.m.

- Healthy Relationships: What They Do (and Don’t) Look Like, @ UC 2217, 1:30 – 2:00 p.m.

- Justice for All: Taking a Personal Stand against Discrimination, @ UC 2218, 3:00 – 3:30 p.m.

4  Voices of Discovery ongoing discussion group, @ UC 206, 4 p.m. – 5:30 p.m.

   Voices of Discovery is an intergroup dialogue program designed to enhance students’ understanding of intergroup/diversity issues. The group is structured around understanding effective dialogue and learning how to share viewpoints respectfully. This group meets for seven weeks and students must submit an application online to be considered for participation. Please apply early, as spots are limited. Find more information and the application form at: www.usi.edu/counselingcenter/voices

8  Mindful Mondays: Becoming Your Own Friend, @ UC 206, 4 p.m. – 5 p.m.

   Lao Tzu once said, “I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.” Most of us know how to show compassion to others, but often don’t allow ourselves the same care. This workshop will teach you ways to be kind to yourself so that you can cultivate your own treasure of compassion. (Co-sponsored with Student Support Services and Housing & Residence Life)

11 White Like Me documentary screening and discussion, @ Carter Hall, 2 p.m. – 4:30 p.m.

   As described by the Media Education Foundation: “White Like Me, based on the work of acclaimed anti-racist educator and author Tim Wise, explores race and racism in the U.S. through the lens of whiteness and white privilege. In a stunning reassessment of the American ideal of meritocracy and claims that we’ve entered a post-racial society, Wise offers a fascinating look back at the race-based white entitlement programs that built the American middle class, and argues that our failure as a society to come to terms with this legacy of white privilege continues to perpetuate racial inequality and race-driven political resentments today.” Join us for a viewing and facilitated discussion of this powerful film. (Co-sponsored with various campus partners in honor of USI’s second annual Nelson Mandela Commemoration Day)

11 Tim Wise keynote lecture: Resurrecting Apartheid, from Ferguson to the Voting Booth to the Border – Combating Racism in the Post-Obama Era, @ Carter Hall, 6 p.m. – 8 p.m.

   Renowned anti-racism educator Tim Wise will provide a presentation to the campus community, examining issues of racism in modern America: “Heightened police brutality, racial profiling, attempts to limit voting access by people of color, and blatantly racialized anti-immigrant backlash are among the issues explored (and tied together) in this especially timely speech. As Wise notes, what all of these issues have in common is the white racial anxiety that propels each forward. Herein, Wise not only demonstrates the ways in which racial apartheid is being resurrected (albeit in a 2.0 form), but explains how believers in multiracial democracy can fight back.” The Counseling Center will be present at this event offering resources on healthy communication and diversity. (Co-sponsored with The Office of the Provost, the College of Liberal Arts, USI Foundation, Housing & Residence Life, USI’s Gender Studies program, the Multicultural Center, and the Evansville African American History Museum in honor of Nelson Mandela Commemoration Day)

15 Mindful Mondays: Don’t Worry and Be Serene, @ UC 206, 4 p.m. – 5 p.m.

   Despite popular portrayal, mindfulness does not mean relaxation. However, through the practice of mindfulness and mindful-based exercises, serenity and peace are common by-products. This workshop will teach you specific mindfulness techniques that help to promote those desired states. (Co-sponsored with Student Support Services and Housing & Residence Life)

15-18 Eating Disorder Awareness Month information table, @ UC East lobby, 11 a.m. – 1 p.m.

   Visit our info table in the UC lobby at lunchtime any day of this week, Monday through Thursday, to pick up resources on healthy body image, eating disorders, recognizing problematic eating and exercise behaviors, and learning how to help a friend who may be struggling with these issues. (Co-sponsored with Recreation, Fitness & Wellness)
16 The Fat Talk, @ Multipurpose Room (MPR) East, 5 p.m. – 6 p.m.

How many times this week have you had conversations with other people about food, weight, exercise or dieting? Or talked with someone else about how you wish you looked different? If you answered yes to these questions, you have engaged in fat talk. Please come join us as we discuss the different ways we engage in Fat Talk, the role of media in creating harmful expectations about how we ought to look, and how we can end the cycle! *(Co-sponsored with Housing & Residence Life and Recreation, Fitness & Wellness)*

17 The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.

Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza will be provided.

17 *Killing Us Softly* film screening and discussion, @ Forum III, 7 p.m. – 8:30 p.m.

In this most recent installment of media researcher Jean Kilbourne’s famous series on images of gender in advertising, Dr. Kilbourne uses over 160 print and television advertisements to demonstrate how such media conveys a steady stream of harmful, sexist messages about how women ought to look and behave. Join us for a screening of this documentary, followed by a panel-led exploration of how these images inspire disordered eating, negative body image, and violence against women. *(Co-sponsored with Recreation, Fitness & Wellness and USI’s Gender Studies program)*

18 Eating disorder screenings, @ the Sweets Spot (UC West), 5 p.m. – 7 p.m.

Do thoughts about your body affect your feelings and your food choices more than you would like? Visit us today outside of the Loft for a free and confidential screening for symptoms of disordered eating. Screening participants will receive Flex Money credit courtesy of Housing & Residence Life! *(Co-sponsored with Housing & Residence Life and Recreation, Fitness & Wellness)*

22 Mindful Mondays: The Challenges of Mindful Studying, @ UC 206, 4 p.m. – 5 p.m.

Mindfulness practice allows us to focus and be present in the moment. Often when we study we are distracted by other things around us, which keeps us from concentrating on our course readings or assignments. This event will provide you with ways to incorporate mindfulness into your study habits so you can be a more focused and efficient student. *(Co-sponsored with Student Support Services, Housing & Residence Life, and faculty from the Department of Social Work)*

29 Mindful Mondays: Mindfulness of Body – An Intro to the Body-Scan Meditation, @ UC 206, 4 p.m. – 5 p.m.

Sitting meditation is traditionally the practice of choice for cultivating mindfulness. However, sitting meditation is only one of many options. This presentation will provide a basic introduction to how focusing on sensations in one’s body via a practice called the Body-Scan can contribute to the cultivation of mindfulness. Attendees are encouraged to bring a mat, blanket, or towel to rest on during this applied workshop. *(Co-sponsored with Student Support Services and Housing & Residence Life)*

**March:**

Nearly one in five Americans has a cognitive or physical disability, but ability status or what it means to be a person with a disability are not topics that we often discuss openly. March is *Disability Awareness Month*, in which we work to challenge stereotypes and recognize the lived experiences of individuals with disabilities.

2 Safe Spring Break Fair, @ UC East lobby, 11 a.m. – 1 p.m.

Join the Counseling Center at this info fair and learn how to be sure that your spring break is a safe one! The event features games, prizes and giveaways from a variety of campus and community organizations. *(Sponsored by Recreation, Fitness & Wellness)*
3 Donut Be an Unsafe Driver! information table, @ the Eagle Express C-Store, 9 a.m. – 11 a.m.

Spring Break is often a time when students travel, relax and enjoy some time away from home. A motor vehicle accident can put a quick end to the fun, however. Safe travels mean not mixing your drive time with either alcohol or texting. Visit our info table this morning to grab a free donut and get some resources on making healthy decisions about avoiding alcohol use and/or texting while driving. (Sponsored with Housing & Residence Life; Recreation, Fitness & Wellness; and the Dean of Students Office)

14 Mindful Mondays: Introduction to Mindfulness, @ UC 2205, 12 p.m. – 1 p.m.

Chances are good that at some point you have heard about mindfulness and its multiple benefits, like decreased stress and more restful sleep. However, you may never have had the opportunity to learn exactly what the practice of mindfulness is. This workshop will explain the basic concepts of mindfulness including what it is, why it works, and how it is implemented. (Co-sponsored with Student Support Services and Housing & Residence Life)

16 The Power Hour, @ the Multicultural Center (UC East), 12 p.m. – 1 p.m.

Join the Counseling Center and Multicultural Center for lunch and a discussion of diversity-related issues and personal experiences at USI and beyond. Pizza will be provided.

21 Disability Awareness Week begins

In recognition of Disability Awareness Month, the Counseling Center, Office of Disability Resources, the USI ADA Coordinator and other campus partners are offering a programming series to help increase understanding about the lives and experiences of individuals with disabilities, challenge misconceptions about what it means to be disabled, and cultivate appreciation for ability status as an important aspect of multiculturalism.

21-24 SGA’s Rare Diseases Awareness Week

March 24:
Rare diseases info table, @ UC East lobby, 1 p.m. – 2 p.m.
Student discussion panel, @ Kleymeyer Hall (LA 0101), 6 p.m. – 7 p.m.

Corresponding with USI’s commemoration of Disability Awareness Week, Student Government Association is sponsoring Rare Diseases Awareness Week, which will highlight uncommon illnesses that students on campus are facing. Throughout the week there will be a scavenger hunt to track down life-sized human figure silhouettes that will provide information about the rare disease that is the focus for that day, with prizes being offered to participants who find all of figures! Look on the Facebook page for SGA or the Counseling Center for hints on where to find the silhouette each day. An information table addressing each of the highlighted diseases will be held in the UC at the end of the week. The awareness-raising series will culminate in a discussion panel at which USI students will speak about the challenges they have faced living with a rare disease with the goal of educating about conditions that can oftentimes go unseen. (Sponsored by Student Government Association with the support of the Disability Awareness Week planning committee partners)

21 Disability Awareness Panel: Uncovering Hidden Differences, @ UC 2207, 12 p.m. – 1 p.m.

What is it like to experience discrimination for invisible parts of your identity? How is the experience of discrimination unique for people whose differences are not immediately visible to others? This panel discussion event will work to challenge myths about disability and other types of difference and help us to think about what it is like to be an "invisible minority."

21 Mindful Mondays: Meditation 101- Intro to Mindfulness Practice, @ UC 2205, 12 p.m. – 1 p.m.

You may be somewhat familiar with the concept of mindfulness, but are you prepared to put it into practice? This presentation will introduce participants to the basics of mindfulness and concentration approaches, including frequently-used postures, practices, and dealing with common challenges that arise during practice. (Co-sponsored with Student Support Services and Housing & Residence Life)
22 A Photographic Journey through an Inaccessible World!, @ Rice Library 0017, 3 p.m. – 4:30 p.m.

Be a part of this interactive presentation as Doug Goeppner, USI ADA Coordinator, takes the audience on a return trip through a photographic journey that provides the opportunity to identify common examples of inaccessibility in real-world settings. By attending this presentation, participants will increase their disability awareness by learning how the physical world is often experienced by persons with disabilities.

22 Disability Awareness Guest Speaker: Wade Wingler, @ OC 2018, 6 p.m. – 7:30 p.m.

Wade Wingler, Director of Assistive Technology for INDATA (Indiana Assistive Technology Act) will be on campus to help us celebrate Disability Awareness Week by sharing his expertise on assistive technology for individuals with disabilities.

Getting the Gadget Edge: Using Technology to Stay on Top of Everything Life Throws at a College Student!

College pushes most students to learn how to manage their time well, keep track of class projects and study efficiently. Developing these skills can be particularly challenging for individuals with ADHD or other diagnoses that affect concentration and planning ability. Fortunately, there's an app for that! Or, more precisely, a number of apps and other types of assistive technology that students can use to improve their note taking, organization and other skills that are essential to college success.

23 Therapy Dogs and Service Animals: What’s the Difference?, @ HRL main office, 3 p.m. – 5 p.m.

Animals are often of enormous benefit to people who are experiencing stress, illness, or some form of impairment in functioning. “Emotional support animals” are different from “service animals,” however, with service animals having been trained to assist individuals with disabilities with specific tasks. Visit this drop-in session to learn more about the difference between these two types of animal helpers and to de-stress by petting or playing with a therapy dog. (Co-sponsored by Housing & Residence Life; Recreation, Fitness & Wellness; and Rice Library, in conjunction with partners from the Disability Awareness Week planning committee)

April:

One in four women at college has been sexually assaulted, yet less than 5% of college students report it. April is designated as Sexual Assault Awareness Month as a time to educate about the prevalence and harm caused by sexual violence. Join us in wearing teal ribbons throughout the month to show your support for survivors of sexual assault. Ribbons can be picked up at the Counseling Center; University Health Center; Multicultural Center; Dean of Students Office; Recreation, Fitness & Wellness; and the main office and Community Center of Housing & Residence Life.

4 Mindful Mondays: Don’t Worry and Be Serene, @ UC 2205, 12 p.m. – 1 p.m.

Despite popular portrayal, mindfulness does not mean relaxation. However, through the practice of mindfulness and mindful-based exercises, serenity and peace are common by-products. This workshop will teach you specific mindfulness techniques that help to promote those desired states. (Co-sponsored with Student Support Services and Housing & Residence Life)

11 Mindful Mondays: Mindfulness of Body – An Intro to Body-Scan Meditation, @ UC 2205, 12 p.m. – 1 p.m.

Sitting meditation is traditionally the practice of choice for cultivating mindfulness. However, sitting meditation is only one of many options. This presentation will provide a basic introduction to how focusing on sensations in one’s body via a practice called the Body-Scan can contribute to the cultivation of mindfulness. Attendees are encouraged to bring a mat, blanket, or towel to rest on during this applied workshop. (Co-sponsored with Student Support Services and Housing & Residence Life)

12 Walk a Mile in Her Shoes, @ The Quad, 5 p.m. – 7 p.m.

Each year USI and the local community agency Albion Fellows Bacon Center co-sponsor "Walk a Mile in Her Shoes" as a way to bring attention to the issues of rape, sexual assault and gender-based violence. All members of the campus community are invited to join us in walking a mile around the Quad in women's
shoes, as well as making a pledge to end rape, sexual assault and domestic violence. Registration for the walk begins at 5 p.m. outside the Liberal Arts Center and the walk begins at 5:30 p.m. Look for educational resources and support on issues of gender-based violence to be provided by the Counseling Center at the event.

13 Healthy relationship screenings, @ Rice Library, 3 p.m. – 5 p.m.

Do you feel like you have to walk on eggshells around your partner? Do they call or text you every hour that you’re not together to ask what you’re doing and who you’re with? If you have concerns about your romantic relationship, come take this quick and confidential screening to receive feedback and support. Screening participants will receive Flex Money credit courtesy of Housing & Residence Life! (Co-sponsored with Housing & Residence Life and Recreation, Fitness & Wellness)

18 Mindful Mondays: The Challenges of Mindful Studying, @ UC 2205, 12 p.m. – 1 p.m.

Mindfulness practice allows us to focus and be present in the moment. Often when we study we are distracted by other things around us, which keeps us from concentrating on our course readings or assignments. This event will provide you with ways to incorporate mindfulness into your study habits so you can be a more focused and efficient student. (Co-sponsored with Student Support Services, Housing & Residence Life, and faculty from the Department of Social Work)

25-27 Paws & Play: De-stress with therapy dogs, @ RFWC Quiet Lounge

April 25: 11 a.m. – 1 p.m.
April 26: 11 a.m. – 1 p.m.
April 27: 3 p.m. – 5 p.m.

Research supports something that animal lovers have always known: spending time with our furry friends helps to reduce stress! Drop in to the RFWC Quiet Lounge during the designated block of time on April 25, 26 or 27 to pet, play with, and enjoy the company of trained therapy dogs. This is a wonderful way to help reduce end-of-semester stress – especially if you find yourself missing your family pet back home. There will also be giveaways and other stress-busting resources available. (Co-sponsored with Recreation, Fitness & Wellness and Rice Library)
Outreach Presentations

Counseling Center staff members are happy to offer presentations to your student organization, class, department or residence hall. Available presentations are listed below; if you are interested in a presentation on a topic that is not included here please contact us to see if we can accommodate your request. In addition, the Counseling Center is open to collaborating on development of new campus events. To request a presentation or discuss partnering on a campus event, please call 812-464-1867 weekdays 8 a.m. - 4:30 p.m. and ask to speak with the Outreach Coordinator. You can also submit the details of your request via the "Request a Presentation" form on our website at www.usi.edu/counselingcenter/request-a-presentation. We appreciate having at least two weeks’ notice for requests. Please note that we may be unable to fulfill requests because of limited staff availability or lack of adequate notice.

Succeeding in College

❖ Counseling Center Services
   An introduction to Counseling Center services, programs and resources. The length of this presentation can be modified to fit your needs.

❖ The Right Moves: Career Exploration and Planning
   Learn about the building blocks of good career-path decisions and how your values, interests and skills factor into choosing the best direction for you.

❖ I’m So Tired! Better Sleep for Better Health and Grades
   Find out about why sleep is so important for our overall well-being – especially academic performance – and how to get better rest.

❖ Tackling Test Anxiety
   Worried about test-taking? Learn about where test anxiety comes from and how to reduce its negative influence on you when it’s time to take another test.

❖ Overcoming Procrastination
   Does the Xbox call to you whenever you should be studying for an exam? Does your “5-minute” delay become a 3-hour setback? This fun and informative workshop offers strategies for decreasing procrastination, increasing motivation and improving academic performance.

Diversity and Multiculturalism

❖ Coming Out of the Closet
   Coming out as gay, lesbian or bisexual involves more than just a public acknowledgement of sexual identity. This program addresses the complexities and considerations involved in the coming out process.

❖ How to Be an LGBT Ally
   In this program participants will learn basic information about LGBT issues, develop skills that they can use in helping to create a safe and affirming community, and explore just what it means to be an ally.

❖ Transgender 101
   This presentation focuses on the “T” in LGBT issues by providing an introduction to gender identity and its variability beyond the traditional limitations of “male or female.”

❖ It Gets Better: LGBT Suicide Prevention
   Discrimination and bullying put young people who identify as a sexual minority at particular risk for depression and suicide. Learn to recognize symptoms and how to establish a system of support so that (as Dan Savage’s famous campaign says), “it gets better.”
Difficult Dialogues: Deconstructing Discrimination
Talking about racism and other forms of discrimination can be difficult, even when we have the best intentions. This program highlights some of the issues that obstruct constructive dialogues on discrimination and how to overcome them. The focus of this presentation can be on discrimination in general or specific to racism, sexism, heterosexism, etc.

Minority Stress: The Consequences of Difference
Discrimination can be subtle or overt, but no matter what form it takes it has harmful consequences. This presentation explores the issue of discrimination and its impact on the health, well-being and success of individuals from historically oppressed/marginalized groups.

Committing to Social Justice
Are you interested in taking a stand to support equal rights and opportunities for everyone? Is challenging discrimination important to you? Learn what it means to be a social justice ally and engage in the necessary process of self-exploration that comes along with it.

Relationships and Communication

Assertiveness Skills
Many people have a hard time standing up for themselves and being clear about their wants, needs and expectations. Learn about what it means to be assertive and how to communicate assertively.

Gender Differences in Communication
Gender roles influence how we express ourselves. Find out how gender influences communication and learn more effective ways of communicating regardless of gender.

Love Shouldn’t Hurt: Understanding Intimate Partner Violence
Do you feel like you have to walk on eggshells around your partner? Do they call or text you every hour that you’re not together to ask what you’re doing and who you’re with? Do they make all the decisions in the relationship (or try to)? This presentation provides information on what healthy relationships do – and don’t – look like.

Partner Violence in LGBT Relationships
Queer (non-heterosexual and gender-variant) relationships have unique challenges that are distinct from those found in heterosexual relationships. This presentation addresses traditional approaches to understanding domestic violence and how these models do not account for the different dynamics, pressures and patterns found in same-sex relationships.

"No Means Buy Me Another Drink": Rape Culture in the Popular Media
What does it mean that sexual violence is such a common theme in our pop culture that we often don't even notice it's there? See and discuss contemporary examples of just how often sexual assault is framed as a joke in our entertainment – and what this means for violence prevention and healthy relationships.

Consent Matters: Sexual Assault Prevention through Enthusiastic Consent
Sexual assault prevention almost always focuses on what NOT to do and the negative outcomes of poor choices. What would it look like if we flipped the script and discussed how to make positive, empowered decisions about sexual behavior?

Setting and Maintaining Healthy Boundaries
Sometimes pushy people can go too far. Learn how "I won't take no for an answer" can escalate from manipulative to dangerous and why it is important to be clear and consistent about your personal boundaries.
Wellness and Prevention

- **Understanding and Preventing Suicide / QPR Gatekeeper Suicide Prevention training**
  Suicide is often a taboo topic but it is important that we understand it and learn to discuss it openly. More than twice as many Americans die by suicide each year than by homicide. This presentation offers information on recognizing warning signs of suicide risk and ways that we can intervene to encourage our loved ones to seek help.

- **Step Up! Bystander Intervention Training**
  Most of us have been in a situation where we thought we should do something to help protect someone else's safety or well-being but we weren't sure how or what to do. This presentation provides information on the awareness and skills needed to step up to intervene in these situations.

- **She Was Asking for It: Beliefs and Myths about Sexual Assault**
  Misconceptions permeate our attitudes about sexual violence. Learn the truth behind some common beliefs about rape and how these attitudes relate to the risk of being involved in a sexual assault.

- **Sexual Health: Dimensions of Sexual Wellness**
  Sexuality is a significant – and very complex – part of the human experience. This presentation provides an introduction to the physical, mental, emotional and social aspects of sexual health, including personal values, social influences and physiological/medical factors.

- **Is This an Eating Disorder?**
  This presentation offers an overview of the issue of eating disorders, including warning signs, symptoms, causes and ways to address unhealthy eating-related behaviors and habits.

- **The Magical Marriage of Photoshop and the Media**
  Even though we are aware that they are retouched and faked, how much of an impact do all those airbrushed ad models and Photoshopped celebrity pictures have on our sense of how we "should" look? This workshop discusses the influence of media on body image and how this in turn affects our self-esteem.

- **Letting It Go: Stress Management**
  Stress can be good or bad, but it can become a serious problem if it gets out of hand. Find out more about stress, why we have it, where it comes from and how to let it go in a healthy way.

- **Is This Normal? Common Experiences and Concerns of College Students**
  We all wonder from time to time whether what we're going through is "normal." This presentation provides a context for understanding typical mental health challenges that college students often face.

- **Overcoming Shyness**
  If anxiety about social situations makes it hard for you to make new friends or work effectively with others on group projects, then find out about what shyness is and how to successfully overcome it so it doesn't overcome you.

- **Coping with Worry**
  Sometimes worries seem like they can take on a life of their own. This workshop provides tools to effectively manage worry so that anxious thoughts don't get out of hand.

- **The Problem of Pessimistic Thinking**
  Do you often find yourself thinking things like, "what's the point?" or "it's not even worth trying?" Learn about how important the way we think is for our mood and for making healthy choices.

- **Developing Your Silver Linings Playbook: Strategies for Coping with Life's Difficulties.**
  Life is not always easy, and it is very common for people to struggle during difficult times. This workshop is designed to help participants develop a personalized “playbook” for coping with life’s difficulties and challenges.
**Additional Services**

In addition to providing individual counseling and outreach programming, the Counseling Center has a number of other services and resources available for the campus community:

**Group Counseling**

Counseling groups are an excellent way to share and discuss concerns with others who have similar experiences. Whether specific groups are offered during the fall or spring semester is dependent upon the amount of interest expressed by potential participants and the compatibility of participants' schedules. If you are interested in any of these groups, please call 812-464-1867 for more information.

- **Personal Exploration Groups**
  
  Personal exploration groups offer a place where you can be supported by others and hear what others would do if they were in your shoes, providing an opportunity to not feel alone with your problems. Through weekly unstructured discussions, this group provides a safe space to focus on how problems in your life influence day-to-day activities and relationships.

- **From Surviving to Thriving Group**
  
  This group is designed to provide a supportive and safe environment for women who have experienced sexual assault or abuse as an adult. This group will provide participants the opportunity to share experiences, connect with others and receive support in regaining a greater sense of control and empowerment in their lives. Participants can expect to achieve a greater awareness and understanding of common reactions to assault and the ways in which it can impact your life, develop skills for improved coping and work through common challenges in the healing process.

- **Women's Group**
  
  Although you may sometimes feel alone in being overwhelmed or self-conscious, many women at USI experience similar struggles. This group provides an opportunity to talk about those experiences and how they influence our mood, relationships, sense of self-worth, and overall well-being.

- **The QUILTBAG**
  
  What is a QUILTBAG? It stands for “Queer/Questioning, Undecided, Intersex, Lesbian, Transgender, Bisexual, Asexual and Gay” and it reflects the diversity of sexual and gender identities. The QUILTBAG group is a safe space in which to process personal experiences related to these varied identities.

- **Mindful Eating Group**
  
  Do you think that your eating may be unhealthy? Disordered eating is often used as a coping strategy to deal with the chaos in our lives. If you are trying to turn away from engaging in certain unhealthy food-related behaviors (i.e., restricting, bingeing, purging, or over-exercising) in order to learn new ways of coping with life's challenges, this group can help. You will get feedback and support, share challenges and triumphs, and offer encouragement to other group members.

- **Love Your Body Group**
  
  Are you happy with what you see in the mirror? You may feel self-conscious about how you look but many women struggle with similar issues. This group will offer support for women who are struggling to accept their bodies and help you to understand why you have those negative thoughts about yourself.

- **Stop the Anxiety Group**
  
  Although you may feel like the only person struggling with stress and feeling anxious about life, many students at USI have difficulties relaxing and enjoying themselves due to anxiety. This group provides an opportunity to meet with others students who are facing similar challenges, identify and change thoughts associated with anxiety, and build skills to help your overall well-being.
Graduate Student Group
Graduate students have concerns that are unique. This group will focus on your identity as a student and developing professional, including feelings of not belonging or feeling like an imposter. The group will also focus on addressing issues of stagnation/procrastination with dissertation, thesis, professional publications, etc.; the impact graduate school has on relationships; and factors that impede success in graduate school (including depression and anxiety). Find connection with other graduate students who are dealing with the same concerns as you!

Grief Group
Experiencing loss and grief is a natural and inevitable part of everyone’s life. The Grief Group is a safe place for students who have suffered a major loss by death of a significant person in their lives to explore their feelings and talk with others who are going through similar struggles. The loss can be very recent or many years ago, and participants can be in any stage of the grieving process.

Consulting
Center staff members are available to provide consultation to university faculty and staff (including Resident Assistants) with concerns about students' well-being, making referrals for services, addressing interpersonal conflict or implementing course content that accurately and sensitively addresses mental health-related topics.

Resource Library
The Counseling Center has a library of information on mental health, wellness and prevention that includes information pamphlets, self-help texts and resource books. These are available for reference use by all members of the university community. Come browse our selection to find helpful information for yourself, for a friend or for a class project.

Relaxation Room
If you are feeling particularly stressed, you may reserve the Counseling Center's relaxation room for 30 minute blocks of time. The room is a peaceful space that features a massage chair and a selection of relaxing audio recordings. To use the room, call the Center to book a time slot or drop in to see if it is available for a walk-in appointment.

Web-Based Resources

Counseling Center webpage - www.usi.edu/counselingcenter
The Counseling Center's website has a number of resources for all members of the university community, including information on how to respond to crisis situations, self-help resources, general wellness-related fact sheets, and content for parents, faculty and staff. The website also features confidential self-assessment tools that are available to students 24x7, including online screenings for eating disorders, alcohol or marijuana use, depression and anxiety. Visit the site to access these resources, learn more about Center services, request an outreach presentation, and more!

Counseling Center Facebook page - www.facebook.com/USI.Counseling.Center
Following the Counseling Center on Facebook is a great way to stay up-to-date on all of our activities, get reliable mental health information and receive inspiring messages and quotes. To receive all of our posts, make sure you select “get notifications” on our page.